MANS Speaks

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"Health is a relationship between you and your body"

HEALTH PSYCHOLOGY FOCUS

Mindfulness
Type 1 Diabetes
Male Menopause
Positive Emotions
Yoga & Wellbeing

The Academy of Psychology







#HealthPsychology

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Manas Speaks is a monthly magazine from Manas-The academy of psychology, to publish a wide range of conceptual articles relating to different perspectives on methodologies in psychological research and to support student communities to strengthen their knowledge.

HONORARY EDITOR PROF T V ANANDA RAO

EDITOR DR V V S NARAYANA NAKKINA

CO - EDITOR DR RUPA SELVARAJ

EDITORIAL BOARD MEMBERS DR RAJASEKHAR PADALA DR CH N K BHAVANI DR D V VENU GOPAL MR RAKESH GORLE

SUPPORTING STUDENTS MS.YAMUNA NANDIVADA MS. SAROJA MAHENDRAVADA

FOR ARTICLE SUBMISSION
DR V V S NARAYANA NAKKINA
dr.nakkina@gmail.com

FOR COMMUNICATION

The Director
MANAS-The Academy of Psychology
Opposite Bible Place
A.V.Apparao Road
Rajamahendravaram, AP, India
Tel: +91 9494 36 2233, 9494 36 2200
Email: contact.themanas@gmail.com
www.themanas.org

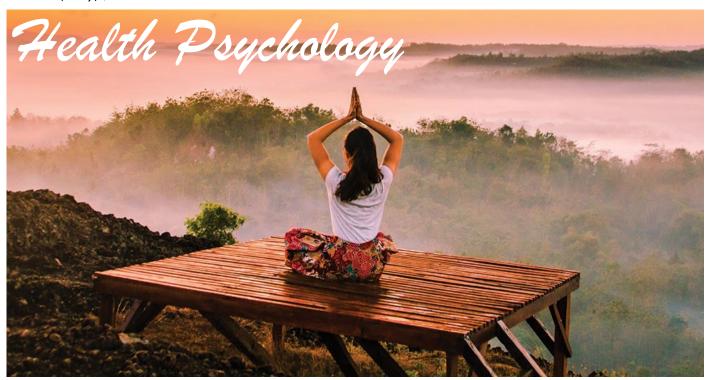
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Author Guidelines	

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"Health is a large word. It embraces not the body only, but the mind and spirit as well;...and not today's pain or pleasure alone, but the whole being and outlook of a man. — James H. West

alth psychology examines how biological, social and psychological factors influence health and illness. Health psychologists use psychological science to promote health, prevent illness and improve health care systems (APA, 2014)

Health Psychology consists of three general topics. The first - health, behaviour and prevention focuses on the determinants of behaviours that influence disease (e.g., diet, exercise, smoking), and the effectiveness of interventions to reduce these risks. The second - stress and illness focuses on direct connections between psychological processes and the development of

illness. The third research area the psychosocial impact and management of illness focuses on the emotional and social consequences of illness and psychological interventions intended to improve adjustment and supplement traditional medical care. Health psychology focuses on how biological social and psychological factors influence health and illness.

Healthy psychology can benefit individuals in a number of different ways. Many professionals in this field work specifically in the areas of prevention and focus on helping people prevent health problems before they start.

